BONUS 2

The Low-Tension Hairstyle Planner™

A PRACTICAL COMPANION GUIDE BY AXELA A.

Part of the 3R Edge Reset™: REDUCE • REPAIR • PROTECT

Your style should fit your life—and feel comfortable.

This planner helps you think through tension, maintenance, and removal before choosing a hairstyle. No hairstyle is automatically protective; installation, weight, fit, wear, and removal all matter.

The pre-style check

- ■ Will this style pull tightly around my temples or hairline?
- ■ Will added hair weight place strain on my edges?
- ■ Will clips, bands, braids, or adhesives cause pressure or irritation?
- ■ Can I maintain the style without repeated brushing or tightening?
- ■ Can I remove it gently and give my hairline a break afterward?

If a style causes pain, stinging, or persistent discomfort, do not treat that as normal. Ask for adjustment or remove the source of tension when safe to do so.

Style planning worksheet

PLAN	MY NOTES
Style I am considering	_____
Who will install it / how	_____
How I will check comfort	_____
Maintenance I expect	_____
Removal plan	_____
Lower-tension alternative	_____

A simple rotation planner

Plan for variety where it suits your hair and lifestyle. The goal is not to follow a rigid schedule; it is to avoid repeatedly stressing the same area.

Week 1 style: _____ Comfort notes: _____

Week 2 style: _____ Comfort notes: _____

Week 3 style: _____ Comfort notes: _____

Week 4 style: _____ Comfort notes: _____

Questions to ask your stylist

- ■ Can you keep tension low around my hairline?
- ■ What should I do if the style feels painful or starts pulling?
- ■ How can I remove this style without tugging on my edges?
- ■ Is the weight or attachment method suitable for my hairline?

After-installation comfort check

A few hours later, ask: Is there pain, pulling, stinging, or increasing discomfort? Check again later and the next day. Comfort does not rule out every risk, but pain is a reason to act—not something you must endure.

My personal low-tension rule

For my next style, I will _____

_____

Remember: hairstyle choices cannot treat every cause of hair loss. If thinning continues, becomes patchy, or occurs with scalp symptoms, seek professional evaluation.